

## CHECKLIST FOR AN ADULT OVER 65



# CHECKUP CHALLENGE

Join the Checkup Challenge to make sure every aspect of your health is covered.

Check all the boxes for your healthcare:

- Get new health issues diagnosed.
- Schedule an annual physical.
- Maintain appointments for chronic conditions or injuries.
- Get your flu vaccination. Ask your provider what other vaccinations are right for you.
- Stay physically and mentally active.
- Get preventive care screenings.
- Take medication as prescribed by your provider.
- Have your vision and any prescription eyewear checked.
- Get your hearing checked. If you use hearing aids, have them checked periodically.
- Schedule regular dental appointments.
- Make sure your provider has a copy of your advance directive.

*Talk to your loved ones if you could use help with daily activities. Check your state's regulations for authorizing a caretaker to discuss your protected health information.*



**PeaceHealth**

To schedule an appointment, visit:  
[peacehealth.org/schedulevisit](https://peacehealth.org/schedulevisit)